

3 Free AI Prompts for Solo Founders — PromptWorks Sample

A free sample from **AI Starter for Solo Founders** by PromptWorks: three copy-paste prompts for ChatGPT, Claude, or Cursor — one each for Marketing, Sales, and Ops.

Replace placeholders [...] before sending. Output language: US English. Mark any numbers you are unsure about as [example].

1. One-sentence positioning

When: New offer, bio, LinkedIn headline.

Expected output: 5 positioning lines + recommendation of the clearest one.

```
I am a US solo founder / freelancer.  
Offer: [what you sell]  
Ideal customer: [role + situation]  
Differentiation: [what you are not]
```

```
Write 5 positioning variants (max 20 words each, "I help..." voice).  
Then: which is most specific and why (3 sentences).  
No buzzwords like "holistic," "innovative," "synergies," "leverage."
```

2. Personalized cold email

When: First outreach to a prospect.

Expected output: Subject + body + LinkedIn DM variant.

```
Write a cold email in US English.  
Sender offer: [offer] at about [price band – use [example] if unsure].  
Recipient: [role] in [situation].  
Personal hook: [1 specific observation].  
Goal: [reply / 15-min call / purchase].  
  
Rules: max 110 words; subject ≤6 words; no fake metrics; soft single CTA.  
Also: 1 shorter LinkedIn DM (≤60 words).
```

3. SOP from a messy process

When: You do a task repeatedly and want consistency.

Expected output: Step-by-step SOP with tools and definition of done.

Turn this messy process into an SOP:

Process name: [name]

How I currently do it: [brain dump]

Tools: [list]

Frequency: [daily/weekly/per client]

Output: Purpose, Trigger, Steps (numbered), Tools, Definition of done, Common failure modes.

Keep it under 400 words. Plain language.

How to use these prompts

1. Pick the one that matches this week's bottleneck.
2. Always fill [...] with real context — vague in → vague out.
3. Run once, then reply with: "Tighten. Cut fluff. Mark any numbers as [example]."
4. You ship the final edit — the model drafts.

Want the full pack? AI Starter for Solo Founders includes 40 prompts (Marketing, Sales, Ops, Code, Content), a practical guide, 5 Day-1 checklists, US offer & invoice templates, and a designed PDF — one-time purchase.

→ https://promptworks-storefront.vercel.app/?utm_source=free-sample&utm_medium=pdf&utm_campaign=leadmagnet

© 2026 PromptWorks. Free to use for your own work. Please share the link above rather than this file.